

LONDON metro



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Mother makes plea after son dies from flu

Family urges people of all ages to get vaccinated following the death of Dylan Wilson, 20, on Jan. 17

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Metro film critic Richard Crouse takes a look at the roles that make actor Josh Brolin tick

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Knights backup goalie stands up

Jake Patterson shakes off a puck to the throat to stop 60 of 62 shots in London's weekend wins

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Mayor's big message for London

Stay positive. Fontana sets up election platform at State of the City address



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"We just have to believe that we can do it."

If Mayor Joe Fontana had a message for London, and perhaps for himself, that was it Tuesday.

But, as he called for teamwork and positivity in his final State of the City address before the election, the speech was heavily laced with a second message: Vote for me.

Fontana spoke to 1,100 of the city's movers and shakers at the convention centre breakfast organized by the London Chamber of Commerce.

Throughout, he had an eye on the future — and the Oct. 27 municipal election — making promises or setting targets on taxes, growth, population, jobs and more.

And, of course, the speech looked beyond the fall.

His tax pledge was increases totalling no more than six per cent over five years, including the 2014 budget that council will start debating Thursday.

He talked about population growth, promising 6,000 people per year will come to London. He renewed his old target, which he didn't get near, of 10,000 new jobs being created. He said there needs to be two per cent economic growth.

"London has it all," Fontana said. "We make everything. We discover everything. We grow everything that the world wants."

In a shot at his critics, the mayor said: "Forget the naysayers, each and every morning, who will get up and say: 'It's too cold. It's not worth doing anything. It's not working.'"

He added: "We can do anything that we want to do if we are prepared to work together."

Translation: Vote for me.

More coverage on page 4



Mayor Joe Fontana was, as usual, full of optimism and lofty expectations during his State of the City address on Tuesday. ANGELA MULLINS/METRO

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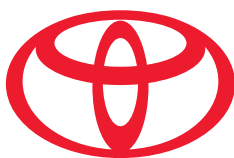
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Mother makes plea after son's flu death

Health care.

Otherwise healthy
20-year-old falls victim
to H1N1



SCOTT
TAYLOR

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She looked like the end of the world as she shuffled over to talk.

How else to describe a London mother who had lost her 20-year-old son to — of all things — the flu?

But Dylan Wilson of London did die Jan. 17 after contracting the H1N1 strain of this season's influenza outbreak. This time there were no underlying health issues that always seem to ease fears that the flu can't be that bad.

He'd been coughing for more than two months, his mother, Dian Wilson, said, as a photo of her son fluttered in her trembling hand.

He was put on antibiotics. Slowly but surely, the meds and bed rest would chase that nasty bug out of his system, right?

That wasn't the case.

Dylan, a "mischievous" young man who loved hockey, died in the bed where he had been resting. It was the same bed his grandfather — Dian's dad — died in five weeks earlier.

And like that, he was gone. At 20 years old, he was cremated a couple of months after developing a cough.

Dian was wearing her son's shirt — a red flannel shirt she said he always wore — when she spoke with Metro on Tuesday.

"He loved flannel," she said softly.

There can be meaning in death, and Dylan's mother desperately wants that for her son. She wants his death to save someone's life.

"I've been told that a lot of young kids my son's age don't get the (flu) shot. They don't believe in it. They think they're invincible," she said. "I kept asking Dylan to please get the shot, and he kept saying he was going to. And he just collapsed on my father's bed and that was it."

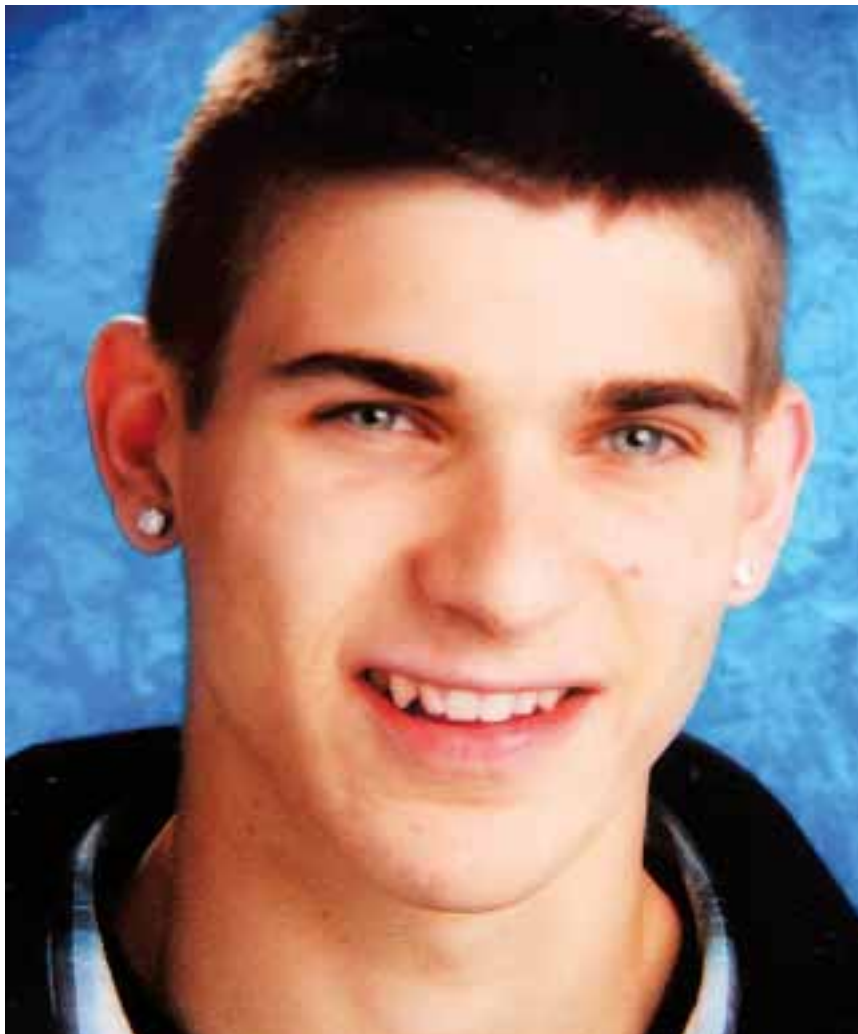
So, her message is both heartfelt and simple: Get a flu shot. Don't get sick, and if you do, don't pass it on to someone else.

"He liked photography," she said, before grudgingly pulling herself to her feet to say goodbye. "Maybe he might have ended up doing something like that."

She'll never know.

Dr. Bryna Warshawsky, associate medical officer of health at the Middlesex-London Health Unit, said it's important to remember that H1N1 is the same strain that scared the world in 2009.

"We know that it's affecting younger people more, and elderly people, and occasionally it does behave differently," she said. "It can cause complications in people that you wouldn't otherwise expect to have complications."



Dylan Wilson, 20, died Jan. 17 after a bout with the flu. His family is now urging everyone, no matter their age, to get vaccinated. CONTRIBUTED

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PITCH FOR PROSPERITY

Mayor Joe Fontana delivered his State of the City address Tuesday at the London Convention Centre. Here are six of the big points he made.

MIKE DONACHIE

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The magic number

It's six per cent and no higher, said Fontana as he made a tax pledge starting now and lasting five years (assuming he gets re-elected).

He referred to his pledge of zero tax raises for his first term, which he stuck to for two years, reluctantly agreeing to 1.2 per cent for 2013.

"We held taxes to zero per cent, two years, and you know what? I'm looking for a third," he said referring to the yet-to-be-approved 2014 budget.

Whether or not the third time proves a charm, the upper limit for this year and the following four will be a total of six per cent, the mayor said.

That works out at something like one per cent every year.

ACE in the hole

There's a success story in downtown London, said Fontana, and it's going to get better.

He praised Fanshawe College for its investment downtown, with one building opened and another one being sought.

And the mayor said he wants to see the core's 5,000 residents doubled in the next five years, encouraging investment in the area.

"I've decided London has an ACE to play," said Fontana.

ACE, the mayor said, stands for "arts," "culture" and "education," with a task force about to reveal improvements for the Grand Theatre and "a new concert hall" to replace Centennial Hall by 2017.

That's a partnership between the Grand and Orchestra London.

About those jobs ...

Perhaps the biggest surprise of the speech was when Fontana renewed his pledge of creating 10,000 jobs in London.

He made that promise before, and he admits he hasn't fulfilled it.

"There's that number again," Fontana said. "I said it in Year 1, and I stand behind it because it is achievable."

He said London needs to have targets and employment is connected to everything else.

Fontana loves to talk about creating jobs and did have one success story to point to.

The partnership program Hire One, which celebrates local companies bringing on fresh faces, even if it is one at a time, has reported 2,481 new hires.



Mayor Joe Fontana's State of the City address drew 1,100 people, many of them key leaders in the community, to the city's convention centre Tuesday morning. ANGELA MULLINS/METRO

Mayor Joe Fontana's State of City address covered a wide variety of topics, from transit to taxes, but something was missing.

Where were the gondolas?

Two weeks ago, Fontana dropped a hint about his speech at the big London Convention Centre event. He said he was going to announce a gondola system strung on wires above the Thames River, from SoHo to the Forks.

But, there was no mention of the sky-high idea Tuesday morning.

After his speech Fontana insisted the idea was still alive, saying he'd dropped it from his address because it

was already being widely discussed.

"You made the announcement for me," he told Metro. "I didn't mention it in the speech, but it is still there."

"What's wrong with gondolas on the river as we create this incredible vista down the river to the Forks of the Thames?"

He did refer to Thames River boardwalks in the speech. They're part of the downtown master plan's stated aim of reconnecting downtown with the river.

The gondolas idea, meanwhile, is in the early stages. Fontana's asked city staff to look into it.

Future growth

The city's not growing fast enough, said the mayor, and he's encouraging ways to improve growth.

He quoted figures of 1.3 per cent tax-assessment growth and 1.5 per cent GDP, saying both need to be at two per cent.

So what's driving that growth?

Fontana pointed to several projects, including the controversial \$200-million PenEquity development for retail, entertainment and commercial space near the 401. It's being considered by the Ontario Municipal Board.

The city's plans for four new highway interchanges by 2017 are well-advanced, he said, and London's making land available for industrial development.

Fontana also pointed to successes like the new Dr. Oetker plant.

Getting around

Remember this one? The ring road.

Well, it's back.

Fontana said he has "already started the conversation" with the city's neighbours about improving transportation links.

Specifically, he wants to see Veterans Memorial Parkway extended around the north of the city and linked to highway routes including the 402.

London deserves the "best connections" for its economic health and Fontana wants to "make sure London doesn't miss out."

There was talk of transit in the city, too. The bus rapid transit system being discussed at city hall will, if it goes ahead, see improved bus links between north, south, east and west London.

Fontana wants to see it working within seven years.

New Londoners

There aren't enough Londoners out there, said the mayor, so he wants more.

And he set a target: 6,000 people every year have to come to the city to keep driving growth.

"So where are we going to find them?" Fontana asked. "I see three major sectors."

First, he wants international students to keep coming in. Already, the city's education sector works hard to encourage them.

Second is immigrants. London is home to 110 different cultures, said Fontana, with 800 to 900 immigrants arriving every year. He wants that to increase.

And third is migrants from within Canada, who need to be encouraged to move to London.

More pressure on Billy T's seven. Council pushes for answers on costs to taxpayers for legal bill

Pay it back. Tell us more. Do the right thing.

The seven council members at the centre of the Billy T's scandal were under new pressure Tuesday as their colleagues weighed in at the full council meeting.

And there was just one result in the push for answers about the \$97,000 legal bill the taxpayer paid for those caught up in the Ontario ombudsman's investigation into their private meeting.

Who hired the lawyers? asked Coun. Joni Baechler. Who signed the contract?

"I did," said Mayor Joe Fontana.

There was also a show of strength from mayoral candidate Coun. Matt Brown, who repeatedly demanded a detailed breakdown of the legal bills.

But city solicitor James Barber said solicitor-client privilege meant that couldn't be made public.

"I think it's fair to say that mistakes happen," said Brown, who voted against letting the seven hire outside lawyers when it was dis-

cussed in committee.

"Looking back, it's quite clear that legal counsel wasn't required."

He said "the public deserves to know" who ran up the biggest part of the bill.

Coun. Nancy Branscombe asked if the city paid for lawyers' time as they gave media interviews. The answer did not come.

There was more. Coun. Bill Armstrong won clarification from staff that the seven can pay the money back, if they want. Coun. Judy Bryant had already suggested they should.

None of the seven members replied to the suggestion.

Coun. Stephen Orser, who was part of the seven in the Billy T's Tap and Grill meeting last February, asked council to send a message to ombudsman André Marin.

He said council members should not be banned from using the city solicitor during an investigation, but was told council can't give instructions to the ombudsman.

MIKE DONACHIE/METRO



Coun. Matt Brown said at Tuesday's meeting "the public deserves to know" who ran up the biggest part of the \$97,000 Billy T's legal bill. MIKE DONACHIE/METRO

New job with province

Deputy fire chief moving on

London's loss is Ontario's gain.

Deputy fire chief Jim Jessop has been appointed Ontario's deputy fire marshal.

He'll assume his new responsibilities, which also include serving as director of

field and advisory services, on March 3.

Jessop said the experience he gained in London would serve him well in his new role.

Along with his time in London, Jessop was a firefighter in Toronto and held a variety of positions in Niagara Falls.

There's been no word yet on who might replace him in London. SCOTT TAYLOR/METRO



From left, friends and supporters Louie Maisano and Mike Hattim with Tapped actors Nick Bateman and Cody Hackman. They were part of the crowd that saw clips of the movie Tapped at Mayor Joe Fontana's State of the City address Tuesday. MIKE DONACHIE/METRO

Martial-arts movie to have London premiere

Wax on, wax off.
Forest City actor starring in MMA movie



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It's being billed as "the new Karate Kid" and it was filmed right here in London.

Now, Tapped is coming home.

The movie, which has London-born actor Cody Hackman

in the main role, is to have its premiere in the Forest City.

"It's the story of a troubled teenager who loses his parents," said Hackman. "He's not doing very much in life, but through martial arts he rediscovers himself."

There are big names backing the movie, including the company Lionsgate, which was behind hits like The Hunger Games.

Tapped stars action-movie stalwart Michael Biehn and, in a nod to that martial-arts classic, Michael Kove, who was a bad guy in the Karate Kid.

The comparison with the '80s movie means a lot to Hackman, 27, who was World Karate Champion five times and is a former student at John Paul II Catholic Secondary School.

"I used to rent The Karate Kid at least three times a week back when you had one-day rentals," he said. "I think I wore the tape out."

Tapped, which is one of the first movies to focus on the growing popularity of MMA fighting, is to premiere in London at a date to be arranged in March.

Familiar sights

- Anyone seeing Tapped will be able to spot London locations like Victoria Park, downtown streets and some of the city's bridges.
- Cody Hackman, who now lives in Los Angeles, hopes to return to Ontario to film some of his new project, which is called Gridlocked.

New handheld device makes breathing easier, Western researchers find

Western University researchers have released new findings on a device designed to help people breathe easier.

Developed by Trudell Medical International, clinical tests show the handheld device, called the Aerobika, helps improve breathlessness in patients.

It works like an inhaler

that vibrates, loosening mucus that builds up in the lungs of people suffering from various chronic obstructive pulmonary diseases (COPD). The loosening allows people to clear their lungs easier, researchers say.

Trudell CEO Mitch Baran said the device has the ability to assist not only the 600

million people suffering from COPD worldwide, but people with other lung diseases as well.

The advancement, he said, will help keep patients out of the hospital while continuing their treatments.

"Drug treatment is often the preferred method, but may not be completely ef-

fective in achieving adequate airway clearance," Baran said.

The Aerobika has received regulatory approval in Canada, Europe, Mexico and the United States.

It is also now available in Canadian pharmacies and home care outlets.

DAVID INGRAM/FOR METRO



Muslim group demands PM apologize for attempted 'smear'

National Council of Canadian Muslims (NCCM) executive director Ihsaan Gardee speaks during a press conference with NGO representatives and community leaders on Parliament Hill in Ottawa on Tuesday. NCCM is demanding an apology from Prime Minister Stephen Harper and his chief spokesman for a comment it says linked the organization to a terrorist group. The council had criticized the inclusion of a controversial rabbi in Harper's delegation that went to the Middle East last week. "Rather than responding to our legitimate concerns, the PMO's director of communications attacked us and attempted to smear our name by claiming NCCM had 'documented ties to a terrorist organization such as Hamas,'" Gardee said Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Canada ready for a fight in food dispute with U.S.

Labelling. Agriculture minister makes last-ditch attempt to make American lawmakers change rules, says he'll return case to WTO

Canada's agriculture minister says he's hoping to avoid an all-out trade war with the U.S. over food labelling. But Gerry Ritz warns that, if there is a war, he's prepared to fight it.

Ritz has launched a last-minute appeal to American lawmakers to change U.S. food labelling rules through a farm bill that could come to a first

vote as early as Wednesday.

"I'm hoping that cooler minds will prevail, that the pressure that the American industry is bringing to bear in the next day or two will cause some legislators to step back," said Ritz.

Canada has long complained that the so-called Country of Origin Labelling provisions adopted by the U.S. government in 2008 hurt meat industries on both sides of the border.

Hopes for a settlement of the dispute were dashed Monday when U.S. lawmakers reached a deal that did not include changes to the labelling requirements.

Failing any last-minute

amendments, Ritz says Canada will return the dispute to the World Trade Organization, with arguments in the case expected to begin Feb. 18.

"That's a good thing," said Ritz. "It starts to move it

ahead."

If the WTO rules in Canada's favour, tariffs could be imposed by early 2015 on U.S. exports of everything from beef and pork products to grains and fresh fruits. **THE CANADIAN PRESS**

In the meantime

Ritz says Canada will support industry stakeholders in the U.S. and Mexico in a bid to obtain a court injunction preventing the U.S. government from implementing the bill.

- The Canadian Cattlemen's Association said it too would support taking the

fight to the WTO.

- Country-of-origin labelling rules are blamed for complicating the import of meat and livestock into the U.S., driving up the cost of business, and causing an estimated \$1 billion a year in losses.

L'Isle-Verte

Death toll raised in seniors' home fire

Quebec provincial police said Tuesday that 17 are confirmed dead and 15 remain missing after the blaze that ravaged Résidence du Havre in L'Isle-Verte last Thursday.

THE CANADIAN PRESS

Veterans Affairs

Ex-soldiers protest office closures

A group of ex-soldiers was rebuffed Tuesday by Stephen Harper, who played down the impact of impending Veterans Affairs regional office closures. Veteran Roy Lamore said the closures "will put veterans at risk." **THE CANADIAN PRESS**

Eavesdropping agency

Official calls for more transparency

The government's electronic eavesdropping agency should tell Canadians more about what it's doing, says privacy commissioner Chantal Bernier.

THE CANADIAN PRESS

Pipeline blast

The heat's back on for Manitobans

Natural gas was back again Tuesday in Manitoba communities left without heat following a pipeline explosion. TransCanada said service was restored to most overnight Monday and to the rest by Tuesday.

THE CANADIAN PRESS

Quebec. Four former provincial police face fraud, theft charges

The former head of the Quebec provincial police force and three former senior officers have been ordered to appear in court next month on charges of fraud, theft and breach of trust.

Charges filed in Montreal on Tuesday name Richard Deschênes, the force's former director-general, former assistant director Steven Chabot, Alfred Tremblay, a former assistant director of investigations, and Jean Audette, another ex-assistant director in charge of investigations.

All four have been summoned to appear in court on Feb. 13. The date for the appearance was noted in the charges.

The group is charged with fraud and breach of trust in

the performance of their duties and stealing more than \$5,000 from the Quebec government and the provincial police force.

The charges say the acts allegedly committed by Deschênes, Chabot and Tremblay were committed on or around March 17, 2010, while those allegedly committed by Audette happened between Oct. 27, 2011, and Oct. 15, 2012.

Deschênes stepped down unexpectedly and was replaced in October 2012 by Mario Laprise, who issued a statement Tuesday after the charges were made public.

He said the force has instituted measures to review management policies and rules governing expenses.

THE CANADIAN PRESS

'Unacceptable' tweets lead to 10 suspensions at SMU



Ten players have been suspended from the Saint Mary's University football team for allegedly sending sexist, racist and hateful tweets. JEFF HARPER/METRO IN HALIFAX

With 10 players now suspended from the Saint Mary's University football team for allegedly sending sexist, racist and hateful tweets, some students on campus say they're happy to see the university take action, but add this isn't strictly a SMU problem.

"They should be accountable for their actions. Everyone should, especially at this age," said Adele Joyce, a fourth-year student at Saint Mary's, on Tuesday.

One of the player's

tweets allegedly said: "to that bitch that bit me last night. Hope your dead in a ditch. you are scum."

Another player used a gay slur, while more than one retweeted racist and sexist comments.

The tweets were made public after an online publication produced by students at the University of King's College School of Journalism cited a number of tweets from accounts it said belonged to football team members.

Joyce said although the

attention could hurt the school's reputation, it's good the administration is showing they take the comments seriously.

First-year student Jacob Schlinker said the suspensions were necessary in light of September's infamous student-led chant that glorified sex with underage girls and rape and led to media attention from across Canada.

"It's completely unacceptable," said Schlinker about the tweets. "They should be ambassadors for

our school ... putting that in the public really gives us a bad name."

But Schlinker said both incidents could have happened at any university, and are mostly due to a "young male culture" issue.

While it could be difficult to get athletes into a group to discuss sexual violence, Schlinker said it's important to show men it's not OK to condone rape or sexism because they tend to perpetuate it most.

HALEY RYAN/METRO IN HALIFAX

Ukraine PM resigns, parliament overturns harsh anti-protest laws

PM-less. Yanukovych offered the position to opposition leader Arseniy Yatsenyuk, but he refused the post

In back-to-back moves aimed at defusing Ukraine's political crisis, the prime minister resigned Tuesday and parliament repealed anti-protest laws that had set off violent clashes between protesters and police.

The two developments were significant concessions to the anti-government protesters who have fought sporadically with police for the last 10 days after two months of peaceful around-the-clock demonstrations. The protests erupted after President Viktor Yanukovych decided to turn toward Russia for a bailout loan instead of signing a deal with the European Union, but have since morphed into a general plea for more human rights, less corruption and more democracy in this nation of 45 million.

Quoted

"We have repealed all the laws against which the whole country rose up."

Arseniy Yatsenyuk, Ukrainian lawmaker and a key figure in the opposition

The departure of Prime Minister Mykola Azarov removes one of the officials most disliked by the opposition forces whose protests have turned parts of Kyiv, the Ukrainian capital, into a barricaded maze.

However, Azarov's spokesman told the Interfax news agency that deputy Prime Minister Serhiy Arbuzov will assume temporary leadership of the Cabinet in the meantime. Such a move is unlikely to please the opposition, as Arbuzov is widely viewed as just another staunch ally of Yanukovych.

Other key issues remain unresolved in Ukraine's political crisis, including the opposi-



Riot police warm themselves by a bonfire near the Ukrainian parliament in Kyiv on Tuesday.

SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

tion's repeated demands for Yanukovych to resign and for a new election to be held.

Azarov's resignation came just before the opening of a special parliament session that repealed anti-protest laws that had set off violent clashes between protesters and police.

Yanukovych earlier this

month had pushed through new laws to crack down on protests and raise prison sentences for creating disorder. The laws also prohibited people from wearing helmets and gas masks, which many have done for fear that riot police would try to violently disperse protesters.

Parliament will consider an amnesty measure Wednesday for scores of arrested protesters. But Yanukovych has said the amnesty is only possible if demonstrators clear the streets and vacate the buildings they now occupy — a condition that is probably unacceptable to many. **THE ASSOCIATED PRESS**

Unwelcome

Canada's reaction

Senior Ukrainian officials will be barred from Canada as a response to the continuing crackdown on protests in that country, Immigration Minister Chris Alexander said Tuesday. "We will restrict entry to Canada for key Ukrainian government officials that have been responsible for the repression and silencing of opposition voices," he said. Foreign Affairs Minister John Baird said it's a symbolic effort, but sends a disapproving message to the government in Ukraine. Baird says tougher measures could come if the Ukrainian government fails to respond to popular demands for freedom and democracy.

THE CANADIAN PRESS

National emergency

Floods ravage Bolivia

Bolivia's government has declared a national emergency to deal with flooding that has claimed at least 30 lives and forced some 21,000 families from their homes over the past two months. **THE ASSOCIATED PRESS**

Caged

Morsi defiant at start of trial

Egypt's toppled President Mohammed Morsi stood alone in a soundproof glass-encased metal cage at the start of a new trial Tuesday wearing a white prison uniform, pacing and shouting at the judge: "Who are you? Tell me!" Morsi is on trial with 130 others, including Muslim Brotherhood leaders, and militants from the Palestinian Hamas group and Lebanon's Hezbollah, over charges related to the prison breaks at the height of the 18-day 2011 uprising against his predecessor Hosni Mubarak. **THE ASSOCIATED PRESS**

Amid protests

Thailand to hold elections

Thailand's government announced Tuesday it will go ahead with an election this weekend despite an opposition boycott, months of street protests and the likelihood of more violence in the country's political crisis. The government made the announcement after Prime Minister Yingluck Shinawatra met with the Election Commission, which had sought a delay in the polls. **THE ASSOCIATED PRESS**

Nigeria

Villagers injured after attack

With gunfire exploding all around, Rabi Mallam raced into her hut with her son and granddaughter. But then the suspected Islamic extremists set the home ablaze, and Mallam was severely burned before escaping. It is unclear how many residents of Kawuri village were injured. By Tuesday, 85 bodies had been found. **THE ASSOCIATED PRESS**

Preventative measures. UN deploys EU troops to Central African Republic

The U.N. Security Council on Tuesday unanimously authorized the deployment of a European Union force to the Central African Republic to bolster French and African troops who are trying to quell sectarian violence that the United Nations has warned could escalate into genocide.

The council also approved financial sanctions against individuals who have committed human rights abuses, threaten peace and a political transition process and violate an arms embargo imposed earlier on the country.

French Ambassador Gérard Araud said the EU troops will be deployed to guard the airport in the capital, Bangui, where 100,000 people have taken refuge, mostly living on the tarmac. Araud said that will free up French troops to move beyond the airport and take up security operations in Bangui and beyond.

The EU mission likely will comprise of 500 to 600 troops. It remains unclear which countries will contribute. Thomas

The struggle

More than 1,000 people have been killed and nearly 1 million forced from their homes since December in violence between Christians and Muslims, militias and civilians.

- The mostly Muslim rebels, known as Seleka, came from the country's far north in March 2013 to overthrow the president.
- The situation has stabilized somewhat since rebel-turned-president Michel Djotodia surrendered power.
- A new interim civilian government has pledged to halt the violence.

Mayr-Harting, the head of the EU delegation to the United Nations, said the EU forces would be on the ground within weeks but could not provide a specific time frame. **THE ASSOCIATED PRESS**

The Philippines. Police accused of playing 'wheel of torture' game

Philippine police officers played a "wheel of torture" game to have fun and punish criminal suspects during interrogations, including bouts of punching named after boxing star Manny Pacquiao, human rights officials and activists said Tuesday.

Under the game, detainees — mostly suspected drug traffickers — were punched if the "torture wheel" stopped at "20 seconds Manny Pacman," Pacquiao's nickname, or hung upside down if it stopped at a

punishment called "30-second bat." Amnesty International said. The London-based rights group called the practice despicable.

A picture of the multicoloured wheel provided by the Commission on Human Rights showed several other tortures, including "3 minutes zombies" and "30-second duck walk/feris wheel" but it was not immediately clear how those punishments were carried out. **THE ASSOCIATED PRESS**



In this photo taken Jan. 9, 2014 and released by the Commission on Human Rights in Manila Tuesday, a "wheel of torture" is placed on a post at an undisclosed police safe house. COMMISSION ON HUMAN RIGHTS/THE ASSOCIATED PRESS

OK Glass, order a pair of bold frames in shale



The new Google Glass "Bold" prescription frames in shale color are modeled at the Google Glass Basecamp space in New York Friday. THE ASSOCIATED PRESS

Blind as a bat? Google Glass has you covered, offering four frame styles of the wearable, Web-connected gadget

Google Glass is getting glasses.

The computerized, Internet-connected goggles don't

actually come with lenses in their frame. Starting Tuesday, Google is offering an optional attachment for prescription lenses and new styles of detachable sunglasses.

The move comes as Google Inc. prepares to make Glass available to the general population later this year. Currently, Glass is available only to the tens of thousands of people who are testing and

Eye-popping prices

\$1,500+

The frames cost \$225 US and the shades, \$150 US. That's on top of the \$1,500 US price of Glass ... oh, plus the price of lenses.

creating apps for it.

Glass is basically a small computer, with a camera and a display screen above the

wearer's right eye. The device sits roughly at eyebrow level, higher than where eyeglasses would go.

The gadget itself is not changing with this announcement. Rather, Google is now offering four styles of frames for prescription lenses. It's also offering two new types of shades, in addition to the one previously available.

THE ASSOCIATED PRESS

Not a slave to trends

BlackBerry jumps on FM radio ... 68 years after the CBC

BlackBerry has launched a new feature that it can boast even the latest iPhones don't have: FM radio.

A new version of the BlackBerry 10 operating system, which the Waterloo-based company says includes hundreds of enhancements and new features, started being rolled out Tuesday in Canada.

THE CANADIAN PRESS

Lime mint toothpaste

This may just 'Be' the worst idea since New Coke

Mint chocolate toothpaste?

Procter & Gamble said it is launching a line of Crest toothpastes called "Be" featuring nontraditional flavours: Mint Chocolate Trek, Vanilla Mint Spark and Lime Spearmint Zest.

P&G said the toothpastes were designed to "allow for an unexpected experience through flavours that offer personal expression."

THE ASSOCIATED PRESS

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My mannequin's body too bootylicious for ya, babe

The one-size-fits-all mannequin is getting a much-needed makeover. Stores are using more realistic versions of the usually tall, svelte, faceless mannequins in windows and aisles. David's Bridal mannequins soon will get thicker waists, saggier breasts and back fat to mimic a more realistic shape. America's largest bridal chain started changing its fit mannequins used to create gowns to reflect the average body. BEBETO MATTHEWS/THE ASSOCIATED PRESS

Market Minute



DOLLAR
89.64¢
(-0.35¢)

Natural gas: \$5.00 US (+0.10)
Dow Jones: 15,928.56 (+90.68)



TSX
13,687.66 (+105.37)



OIL
\$97.41 US (+\$1.69)



GOLD
\$1,250.80 US (-\$12.60)

PEACE SYMBOL NEEDS BOLSTERING

The signs are everywhere.

For example, on Sunday, Pope Francis released two white doves of peace from his window at the Vatican, assisted by two extremely cute children.

It was a gesture of hope that the bloody protests in the Ukraine could be resolved.

Seconds after the doves were released, they were attacked by a big nasty crow and an even bigger, nastier seagull.

Well, you don't have to be Robert Langdon — Dan Brown's professor of religious symbolism from Angels and Demons — to get the idea on that one, especially as the world's media gleefully featured a photo of the forces of darkness (crow) locked in a death struggle with faith and hope (snow white dove).

The dove got the worst of it.

It's a little harder to interpret the attack by the seagull, which is not known for its poetics.



JUST SAYIN'
Paul Sullivan
metronews.ca

"Big hungry bird breaks for lunch," perhaps.

Signs aside, there's a perfectly logical scientific explanation for the attack of the angry birds, according to National Geographic. White doves stand out in a crowd of otherwise grey pigeons; they can't hide, and predators single them out for attack.

Which is why those who are albino don't last long in nature, another potentially rich vein of overwrought symbolism.

Meanwhile, the white dove, a pristine symbol of faith and hope, is just a pigeon of a different colour. It's just as feisty when it comes to fighting for that last scrap and it's known to eat bugs.

Hardly holy.

This is not the first time the Doves of the Vatican have been repelled. The doves of the previous pontiff, pope Benedict, were attacked by a seagull last year, and then turned

around and tried to fly back into the window, crying "Sanctuary!" in dovish.

Maybe the popes should audition a slightly more robust avian symbol of peace and love. Like the bald eagle, a symbol of America's tough love for generations of banana republicans.

After all, St. Michael the Archangel has a sword for exactly this kind of thing. Some demon, who thinks he's a soft touch with all the long hair and gossamer wings, tries to knock him over — and bam!

Out comes the Sword of Righteousness and our demon is instantly sorry he ever heard of St. Michael the Archangel.

This is really Pope Francis' first PR miscalculation. He has already managed to atone for the sins of the papacy in his famous "Who am I to judge?" interview about gay people. You'd think he might have learned from his predecessor's feathered follies.

Or maybe this will inspire him to reach back into his Gospel and show mercy to his winged tormenters. "Let he who is without sin ... stone the crows."

ZOOM

I'm not ashamed of the way I look



SERGEY KOKINSKIY/SOLENT NEWS

Molting penguin is a head-turner

Even in the animal kingdom, a unique dress sense is sure to catch the eye of an onlooker. Here, a king penguin stands out from the flock as it has not finished its molting process. Photographer Sergey Kokinskiy travelled to the remote island of South Georgia in the southern Atlantic Ocean to capture the penguin flock, which can sometimes number

over 200,000.

Every year in the spring, king penguins molt in order to replace old feathers with new ones, a process that lasts three to four weeks. As they molt, their feathers lose their insulating and waterproofing properties, so during this time penguins stay away from the water until their plumage is fully restored. As they fast while molting, penguins can lose 44 per cent of their original weight. **METRO**

A foreigner on their land



"Penguins' individual features allow the fur to stay on parts of the body longer than others."

Sergey Kokinskiy, from Tula, Russia
"If you sit down and don't make any sudden movements, the penguins will come to you within five or 10 minutes. Some will try to bite you too — out of curiosity."

King of the islands

- **Location.** Sits 1,390 kilometres to the east of Falkland Islands. Administered by the British government.
- **Population.** Approximately 2.23 million pairs of king penguins, with numbers rising. No human residents.

Clickbait



LUKE SIMCOE
Metro Online

Much of the coverage of technology's darker side has focused on how they — governments, law enforcement, corporations — are using smartphones and computers to watch us. However, a smattering of intrepid developers are trying to turn the tables, building apps that empower us — either by letting us listen in or assist us during an arrest.

Police Scanner 5-0:

This free app lets you stream more than 2,500 police and fire feeds on your cell-phone. Most of the available channels are American, but it includes some Canadian ones, too. Available for both Android and iOS.

I'm Getting Arrested:

In the event of an untimely arrest, this Android app lets you broadcast a pre-made message to your friends, family, legal counsel, etc. I want my phone call, indeed.



GETTY IMAGES

Twitter

Blue over here eh?

@metropicks asked: According to Google searches, Canada is boring, corrupt and cold. How do you want Canada to be viewed?

@NerdwithWerds: Canada Home of Hockey and Great Beer

@awdarn: LOL if it keeps them away it's all good

@mtlkeith: Researched by who DUMB AND DUMBER???
#Canadaisthebest

@mtlkeith: Amen brother. Give me a

@iSeeHighPeople: at least other countries (people) like us which is more than I can see for the folks just under us

@igor_mariano: Canada is all about cultural diversity and natural beauties

@PadraigBennett: exemplary in every aspect.

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WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Need a troubled tough guy for your next film? Call Brolin

Labor Day. From crooks to cons, actor plays shady characters with aplomb



IN FOCUS
Richard Crouse
scene@metronews.ca

In my review for the recent remake of *Oldboy* I wrote of Josh Brolin, "there is no more manly-man actor in the mold of Lee Marvin or Lee Van Cleef working today."

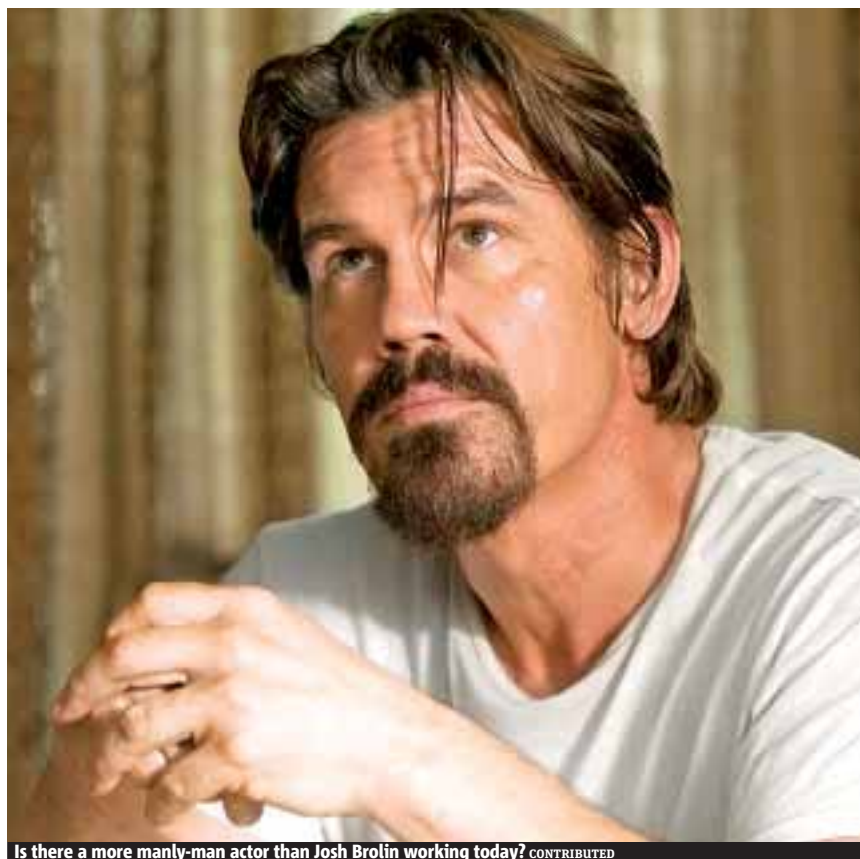
I guess that shouldn't be a surprise given that he was named after the rough-and-tumble character Josh Randall, played by Steve McQueen in TV's *Wanted: Dead or Alive*.

In *Oldboy* he's so tough he's a practically indestructible force of nature; able to withstand physical punishment that would make Grigori Rasputin look like a wimp.

The tough guy angle is one Brolin plays in a number of films, including his latest *Labor Day*.

He plays an escaped convict who hides out in the home of a depressed, widowed agoraphobic, played by Kate Winslet.

Over the course of one long holiday weekend she



Is there a more manly-man actor than Josh Brolin working today? CONTRIBUTED

learns of his dangerous past and before you can say the words Stockholm Syndrome has fallen for the ruggedly handsome stranger.

It's the kind of role that

Brolin has mastered; the multi-layered tough guy. But according to him, he doesn't seek out those roles.

He says he wracks his "brain like crazy trying to

figure out which films I wanted to be in."

Some of those films include *No Country for Old Men* and *Jonah Hex*.

In the Oscar-nominated

No Country he plays down-on-his-luck Llewelyn Moss, who stumbles across the site of a drug deal gone wrong.

Bullet-ridden dead men litter the landscape along with several kilos of heroin and a suitcase stuffed with two million dollars in cash. When he makes off with the money his life and the lives of those around him are changed forever.

Jonah Hex didn't earn any Oscar nods, but did get some Razzie attention in the form of nominations for Worst Screen Couple for Brolin and co-star Megan Fox.

The story of a supernatural bounty hunter set on revenge against the man who killed his family is as disfigured as its main character's face, but Brolin brings his real-life swagger to the role and has fun with some of the tongue-in-what's-left-of-his-cheek lines.

One tough guy role got away from him, however. Online speculation had it that he would be cast as the Caped Crusader in the upcoming *Batman vs. Superman*.

Although he would have been perfect for the part he lost out to Ben Affleck. Contrary to his bruiser persona he was gracious in defeat. "I'm happy for Ben," he said.

Greg Kinnear needs no approval in Rake

Keegan Deane is that one friend we all have who just can't get his act together. He's the loveable screw-up, and he's the star of the new comedy series *Rake*.

Portrayed by Greg Kinnear, Deane owes nearly \$60,000 to his bookie, has been crashing at his best friend's house for four months, and is in love with a prostitute who views their relationship as a business transaction. He's a narcissist in denial, but he's also a brilliant defence attorney who is incredibly charming.

"I don't think he has a great self-awareness of [his problems]," Kinnear says of his character. "It comes in fits and starts. There are moments where he has a little bit of re-

flection about where he's at on the map, but certainly, you know, out of the gate, very little."

Deane's ego — and his utter lack of interest in adhering to normal societal standards — drew Kinnear to the series, which is based on an Australian show of the same name. "I was intrigued immediately when I saw the mess of that guy," he says. "That kind of absolute lack of need for approval is a hugely attractive thing, especially if you're an actor. Getting to play that and getting to pursue a guy who's not necessarily interested in what you think was a really cool element for me."

Which is a good thing, be-

cause Deane's clients in upcoming episodes include a serial killer and a cannibal — not your typical underdog stories. And yet, *Rake* finds a way to make the audience root for the antihero. Kinnear chalks it up to the show's fine-tuned ability to weave comedy into dramatic storylines.

"It really struck a nice chord between the drama and the comedy, which is what appealed to me," Kinnear says.

AMBER M. RAY/METRO WORLD NEWS

Details

Rake airs Thursdays on Global at 9 p.m. ET/PT.



Greg Kinnear plays Keegan Deane in *Rake*. CONTRIBUTED



Justin Bieber MIAMI DADE COUNTY JAIL

Bring roses for the judge? Biebs will go a-courting on Valentine's Day

Justin Bieber has a Valentine's Day date with a South Florida judge on charges of DUI, resisting arrest and driving with an expired license.

A Miami-Dade County judge on Tuesday set a Feb. 14 arraignment date for the 19-year-old star. In an arraignment, prosecutors formally file charges and a plea is entered, although a defendant's lawyer can enter the plea in writing. Bieber might not be required to attend.

Bieber and R&B singer

Khalil Amir Sharieff were arrested last week in Miami Beach during what police described as an illegal street drag race between a Lamborghini and a Ferrari. Neither. Police say Bieber admitted to smoking marijuana, drinking and taking a prescription medication.

Meanwhile, a petition has been launched calling to have Bieber deported and his green card revoked. The petition has already garnered more than 50,000 signatures. **THE ASSOCIATED PRESS AND METRO WORLD NEWS**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Will Madge sing with Miley?

MELINDA
TAUB

Metro World News

I've been saying for some time now that the reason for Miley Cyrus' aggressive sexuality and sexy space alien look is that she's trying to be our generation's Madonna. However, I never expected that this would endear her to the original Madonna — the two are apparently planning a performance together.

Miley is working on an acoustic set for MTV's Unplugged. It seems like a good move for the Bangerz star: She's got the fame, now she needs the cred that comes from a vocal-driven, stripped-down set with no midgets



to spank or foam fingers to hump. And according to E! Online, rumour has it the Material Girl herself will stop by to perform with Miley.

The two were reportedly spotted rehearsing together, but MTV hasn't confirmed Madonna's appearance.

Was Sienna the mystery woman heard on Daniel's voice mail?

A U.K. tabloid reporter who has pleaded guilty to phone hacking said Tuesday that he played the News of the World's editor a hacked voice mail left for actor Daniel Craig by actress Sienna Miller, with whom Craig was having an affair.

Dan Evans is a prosecution witness at the trial of his former boss, Andy Coulson, and six others, on charges related to wrongdoing at the now-shuttered Rupert Murdoch-owned tabloid.

Evans told the trial that in 2005 he eavesdropped on Craig's voice mails and heard a message from a woman saying: "Hi, it's me. Cannot speak. I'm at the Groucho (Club) with Jude. I love you."

The call came from Miller's number. The newspaper later ran a story alleging an affair between the actress — then involved with Jude Law — and future 007 Craig.

Evans said Coulson heard the recording, then told him how to cover his tracks by making a copy, putting it in a bag and taking it to the



Daniel Craig GETTY IMAGES

newspaper's reception so it would look like it had been dropped off anonymously.

Murdoch shut the tabloid News of the World in 2011 after details emerged of the scale of its snooping on celebrities, politicians and others in the public eye.

THE ASSOCIATED PRESS

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Welcome to Sochi

No doubt you have some questions about the Russian locale that will play host to the 2014 Winter Olympics. Here are a few details about the resort city dubbed the Russian Riviera.

THE ASSOCIATED PRESS

For visitors to the Winter Olympics, Sochi may feel like a landscape from a dream — familiar and strange at once. Palm trees evoke a tropical seaside resort, but the Black Sea itself is seriously cold; turn away from the palms and the jagged, snow-covered peaks of the Caucasus Mountains rise nearby. Live-ly and garish modern buildings mix with Stalin Gothic piles, like trophy wives on the arms of elderly men. Billboards are written in an

alphabet in which some letters sound exactly like you think they do, others mean something else and the rest are flat-out alien. What may seem oddest of all is the city's cheerful and relaxed aura in a country stereotyped as dour. Even a local statue of Vladimir Lenin catches the casual vibe. He's not haranguing the masses, just standing under some trees with one hand in his pocket as if he's killing time waiting for a date.

Will they understand me?

Volunteer staff at Olympics test events spoke excellent English and sometimes struck up conversations just to improve their skills (or show off). But outside the Olympic venues and large hotels, communication in languages other than Russian is likely to be difficult. The Games' organizing committee recommends that mobile device users download a translation app.

The Cyrillic alphabet isn't as hard as it may look, and spending a couple of hours to master it brings sizeable rewards. Russian has many loanwords from English, French and German, so being able to sound out words can make the place pop into better focus. For example, knowing that "teatp" is pronounced "teater," it's a reasonable and correct guess that it means "theatre." Note that bars advertising "xayc" are offering "house" music and not a homey atmosphere.

What's for dinner?

Russian cooking can be hard on the waistline but good for the taste buds. Even nominally low-calorie soups such as the beet-based borscht boost their count when a typical large dollop of sour cream is added. Pelmeni, dumplings filled with minced meat or vegetables, meet almost everyone's taste. Entrees often come without additional items, so potatoes and other vegetables must be ordered separately. Russia has a wine industry of sorts, but refined palates may find it disappointing. Vodka, seen as both Russia's treasure and its curse, is often ordered by the gram, with 100 grams

(3.5 ounces) the standard to get the night started. Sochi is also a good place to sample the food of nearby Georgia, including the renowned cheese-filled hot bread called khachapuri; as well as tsatsivi, or chicken in walnut sauce; and the plum-based soup kharcho.



An aerial view of some of the Olympic buildings under construction in Sochi. GETTY IMAGES

Am I in Sochi?

Rather like New York City, Sochi is a sprawling municipality, incorporating four boroughs. Confusingly, one of the four is called Sochi. So it's possible to both be in Sochi and say "I'm going to Sochi."

All the Olympic events

take place in the Adler borough, though the snow sports venues are often referred to as being in specific settlements such as Krasnaya Polyana and Esto-Sadok.

Sochi borough is more or less the Manhattan of the city, home to the best restaurants, coolest clubs

and the main cultural institutions. The urban part of Adler also has attractive restaurants. But while its attractions are relatively cosmopolitan, and its coastline is 90 miles long (145 kilometres), Sochi is not a big city population-wise, with only about 350,000 inhabitants.



Both the Black Sea and Sochi's daytime temperatures should be around 10 C during the Games. THE ASSOCIATED PRESS

How's the weather?

Rain, snow, sun, fog, warm-ish, cold — a few days at the Olympics likely will include them all. On the

coast, where the ice sports and opening and closing ceremonies take place, daytime temperatures should be around 50 F (10 C) and freezing is unlikely. In the mountains, temperatures

generally don't get severely cold; at the lower elevations, where ski-jumping and sliding sports take place, the prospect of rain and above-freezing temperatures is a concern.



The Caucasus Mountains rise above Sochi. ISTOCK



What can I do besides watch sports?

Downtown Sochi and Adler both have long and appealing seaside promenades, complete with tacky souvenir stands, lively bars and restaurants. Sochi also has an attractive passenger harbour, whose spired terminal is one of the city's standout buildings, and an art museum.

The most idiosyncratic attraction may be Sochi's extensive mountainside botanical garden, the Dendrarium, with an unusual array of plants showing the variable climate.

Sochi has long been a choice destination for Russia's political elite. Joseph Stalin's summer residence in Zeleni Mys even features a wax mannequin of the dictator at his desk. A swim in the Black Sea may make an unusual Winter Olympics memory. The beaches are stony and the water temperature will be around 50 F (10 C); concerns have



Tired of the sports? Shop for some Russian tchotchkes in downtown Sochi and Adler. THE ASSOCIATED PRESS

been raised about pollution in the sea around Dagomys, north of downtown Sochi. Although most of Sochi's sports facilities will be devoted to the Games, the Gornaya Karusel ski area expects to have some slopes open to the public, organizers say. A classic Russian way to while away an after-

noon is a trip to the banya, like a sauna but somewhat steamier. If your hotel doesn't have one, it can likely recommend a good one nearby. A proper trip to the banya involves several hours of repeatedly heating up and cooling down, along with snacking and having a few drinks.

Local tourist agencies offer other excursions. These include day trips to the separatist Georgian region of Abkhazia, but visitors will need a double-entry Russian visa to get back into Sochi, and travel to the rest of Georgia is forbidden to those who come to Abkhazia from the Russian side.

Chowder leaves room for imagination

Weeknight meal.

Loaded with seafood, this dish allows you to improvise ingredients without sacrificing any of the flavour



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge
to your table in
30 minutes or less

This chowder is quick enough to make for a weeknight meal or to keep in mind when entertaining on the weekend.

It has a creamy base to it but is not heavy because it uses milk instead of cream.

You can jazz the chowder up with additional flavours by

Ingredients

- 1 tbsp (15 ml) vegetable oil
- 1 shallot, chopped
- 2 cloves garlic, minced
- 2 stalks celery, thinly sliced
- 1 pkg (8 oz/227 g) mushrooms, thinly sliced
- 1 red pepper, diced
- 1 tbsp (15 ml) chopped fresh tarragon or 1 tsp (5 ml) dried
- 2 cups (500 ml) 2 % milk
- 2 cups (500 ml) sodium reduced chicken broth
- 6 oz (200 g) raw shrimp, peeled and deveined, chopped
- 6 oz (200 g) bay scallops
- 1 can (142 g) baby clams, drained and rinsed



This recipe makes six servings. EMILY RICHARDS

adding diced tomatoes or other vegetables like peas and corn. Check out your pantry and get creative in the kitchen.

Tarragon is a licorice-flavoured fresh herb that shines through in this soup. Dried tarragon works just as well in a pinch. If tarragon isn't available, use Italian parsley for a

fresh alternative.

Serve this soup with garlic bread and a green salad for a heart warming dinner that's perfect for a cold winter's night while keeping healthy in mind.

1. Heat oil in soup pot over medium high heat and cook shallot, garlic, celery, mush-

rooms, pepper and tarragon 10 mins or until liquid evaporates.

2. Add milk and broth and bring to a gentle boil.

3. Add shrimp, scallop and clams and simmer for about 5 mins or until scallops are opaque and firm.

Cooking tips

- Look for fresh seafood at your local grocer and use it the same day or by the next day. If you are purchasing frozen seafood, let it thaw overnight in the refrigerator.
- You can use salmon to replace either the shrimp or scallops. One salmon portion, which is usually about 5 oz (150 g), is the perfect amount for this soup.

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Just throw salmon in the bag

1. Heat the oven to 400 F. Cut the orange and lemon in half crosswise. Thinly slice 1/2 of the orange and 1/2 of the lemon. Juice the remaining halves of both fruits.

2. Set a 24-inch-long sheet of kitchen parchment on a baking sheet. Fold the sheet in half across the short side, then open the folded parchment (like a book), leaving one half of it on the baking sheet. Arrange about half of the orange and lemon slices in a single layer in the centre of the parchment on the baking sheet.

3. Sprinkle half the rosemary over the citrus slices. Set the salmon over the rosemary, then sprinkle with salt, the citrus juices and oil. Scatter the olives and chili over the salmon pieces. Top each piece

of salmon with a quarter of the remaining rosemary and citrus slices.

4. Fold the second half of the parchment over the fish, then crimp and fold the edges

together to create a sealed packet. Bake — on the sheet pan — on the oven's middle shelf for 10 to 12 minutes, or until just cooked through (stick a paring knife through the parchment and salmon; it should move easily through the fish if done).

5. Cut open the parchment, discard the citrus slices from the top of the salmon, then place each piece on a serving plate. Spoon some of the olives, chilies, rosemary and juices over each piece. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 small orange
- 1 lemon
- 1/4 cup chopped fresh rosemary
- Four skinless 6-oz centre cut salmon fillet pieces
- Kosher salt
- 2 tbsp extra-virgin olive oil
- 1/3 cup pitted and chopped olives, preferably oil-cured
- 1/2 serrano chili, thinly sliced crosswise

What do you have to say for myself?

The feedback we crave. How to get it, how to use it, and how to give it back

**SIDNEYEVE
MATRIX**
TalentEgg.ca

Recently, Canadian Olympic athletes were surveyed by Mondelēz Canada about the best ways for spectators to cheer them on to a gold medal standing in Sochi.

Fully three-quarters of them said that "hearing their fans cheering and shouting" and seeing them "waving encouraging signs of support" is highly motivational.

#QuestionoftheDay

If you could give your former self just ONE piece of career advice, what would it be?



@EDSPowell

I'd warn past-me that "concentrating on school" is not an exemption from "planning for after graduation."

@GarrethHowes

get real experience before graduating. Joining different school initiatives, volunteering etc...

@Sanchital

Create a 3 year short term plan & prepare questions on team culture/attitude & abilities for mentorship in yr interviews.

@ademoba

start your career in finance, stick with it and do a CFA

@robin_isTO:

"relax, be yourself" #beyourself #confidence

@graymalk:

it would be: don't waste time being too scared to try engineering. You can do it.

@HaliSamantha:

If I could give my former self ONE piece of career advice it would be: Do loads of informational interviews!



We, like our awesome Olympians, deserve to hear cheers when we're doing great things. THE CANADIAN PRESS FILE

Feedback matters, to athletes, to all of us.

Sometimes feedback isn't easy to come by. For Gen Y, a cohort accustomed to the instantaneity of social media feedback loops, it can be frustrating when your work performance isn't evaluated. If feedback expectations are unmet, employees are likely to feel unmotivated, isolated, and are more apt to jump ship.

Thanks anyway:
ignoring the wrong
feedback

At other times we get feedback but fail to act on it.

This is especially common if the feedback feels like it's the wrong kind.

For example, we're unlikely to take feedback to heart when it seems contradictory. Likewise for many, praise and recognition, while nice to hear, are not what we most crave at work.

It turns out that six out of ten people prefer corrective feedback (such as suggestions for improvement) over positive feedback (such as congratulatory comments), according to Harvard Business Review.

Key attributes of efficient and usable feedback are frequency, clarity, and specificity, observes Jay Gilbert in the University of Western Ontario's Ivey Business Journal. But it takes time, and a lot of it, to provide that kind of personalized feedback.

As employers seek to create a culture of feedback and collaboration, more are adopting

enterprise software systems to socialize employee reviews.

Helping staff get 360-degree peer-to-peer feedback — not once a year but continuously — is the idea.

It makes good business sense, because research shows that regular, low-stakes assessment is highly effective.

That's because it allows the receiver to make incremental improvements and small adjustments. They are then less likely to become immobilized, defeated, and overwhelmed by a deluge of decontextualized feedback in an annual assessment.

Social feedback

If you feel the need for more feedback on your creative work and ideas, turn to the social web.

A bit of web sleuthing is almost guaranteed to uncover a niche community where you can engage in commentary, ask questions, and practice social reciprocity by giving feedback while also receiving it. Some examples:

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Need to brainstorm on that business idea?

- If you have a new project or entrepreneurial endeavour and want to test it out and get some feedback on it, try Quora for general questions, and Kickstarter for both community feedback and funding support.

have free/paid options) to showcase and discover design work and submit your creative work for critique by a global community. If you're a photographer, Flickr or 1X (free/paid) communities are good bets to receive professional feedback. All of these sites also do double duty by hosting online creative portfolios for a fee.

Writers and editors

Want feedback on your writing? Beyond fan fiction sites, visit ABCTales (free) or Critique Circle (paid), two large active communities where published and aspiring authors can share, discuss and develop their work.

Fashion designers and stylists

For fashionistas, try LookBook and Polyvore to get community feedback from other (established as well as up-and-coming) stylists, models, and designers.

And as a bonus, by becoming involved in a feedback community, online or off, you'll also expand your professional networks — and don't forget that volunteering is another way to garner feedback while giving back.

Don't be surprised if a quest for feedback ends up inspiring your next great idea and uncovers some collaborators to help make it happen.

THIS ARTICLE IS EXCERPTED FROM MY PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.



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Knights' Patterson rising to the occasion

OHL. Backup goalie says consistency, weekend wins have given him more confidence despite injury scare



DAVE LANGFORD
dave.langford@metronews.ca

It was a scene the London Knights did not want to see.

With starting goalie Anthony Stolarz already sidelined for four weeks following a serious leg injury suffered a week earlier, backup Jake Patterson took a puck to the throat in the opening minutes of the London-Sarnia game Friday.

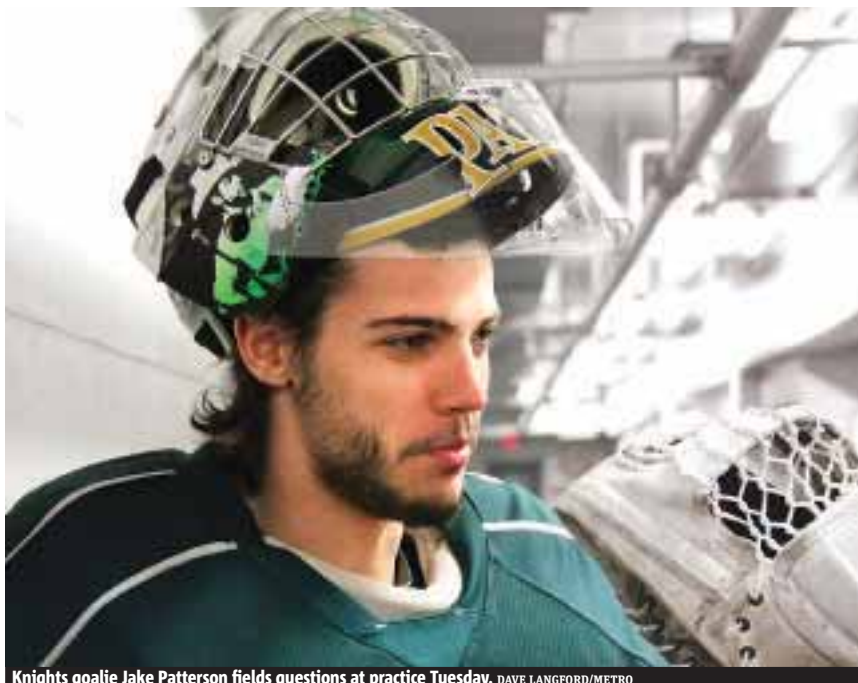
And what was Knights goalie coach Bill Dark thinking at that precise moment?

"I was looking for equipment," the former Senior A netminder said, only half smiling, at practice Tuesday. "Really, I thought there was no way luck was going to shine on us that badly that he would be hurt enough and would have to come out of the game."

As it turned out, Patterson was able to shake it off and go on to win both home games on the weekend, stopping 60 of 62 shots in 8-1 and 6-1 wins over Sarnia and Kitchener.

"(The shot) just caught me up high, but, luckily, I was wearing one of those plastic protectors so I didn't feel it too much," Patterson said. "My collarbone was a little sore."

The two weekend wins



Knights goalie Jake Patterson fields questions at practice Tuesday. DAVE LANGFORD/METRO

Safety precaution

"I think most of the guys in the room are now wearing Kevlar socks."

Goalie Jake Patterson on the Knights' equipment changes since Anthony Stolarz's leg injury

moved Patterson into eighth place in the OHL's list of top goalies, with his numbers now strangely similar to his 2012-13 stats.

Last season, he had a 2.61 goals against average and a .913 save percentage; this year, 2.81 and .911.

Dark said this has been Patterson's best stretch, and

he will be tested this week when he and the Knights play in North Bay, Sudbury and Barrie on three consecutive nights beginning Thursday.

"I think he's found his mojo again. Simplifying his game mentally, and simplifying his game technically," Dark said. "And that's resulted in him playing looser

and with more confidence."

Patterson said playing more helps.

"It's tough going in and playing once every couple of weeks, and when you're not getting the wins, it can be tough," he said. "But getting the two wins on the weekend definitely brought some confidence back."

He also has a new pair of socks, a type he did not wear before the Stolarz injury.

"I didn't, but now I do since (Stolarz) went down," he said. "I think most of the guys in the room are now wearing Kevlar socks."

MLB safety

League introduces new pitchers' cap

Big league pitchers might feel safer on the mound this season.

Major League Baseball has approved a protective cap for pitchers, hoping to reduce the damage from line drives to the head that have brought some terrifying and bloody scenes in the last few years.

The heavier and bigger new hat was introduced Tuesday and will be available for testing during spring training on a voluntary basis. Major leaguers and minor leaguers won't be required to wear it — comfort is likely to be a primary concern.

"Obviously, it'd be a change," two-time Cy Young winner Clayton Kershaw of the Dodgers told the MLB Network. "I'm definitely not opposed to it."

THE ASSOCIATED PRESS

Suspension challenge

A-Rod suit should be tossed: Lawyer

Major League Baseball is seeking a speedy dismissal of third baseman Alex Rodriguez's lawsuit challenging a season-long suspension for using three prohibited performance-enhancing substances.

Howard Ganz, an MLB lawyer, said in a letter to U.S. District Judge Edgardo Ramos that Rodriguez's claims do not come "remotely close" to what is needed to overturn an arbitration decision in federal court. Ganz said that the lawsuit should be tossed because a court is not empowered to re-examine the merits of an arbitration award. THE ASSOCIATED PRESS



OVERTIME

with Micheal Ray Richardson

Get the inside track on the London Lightning as Metro's Dave Langford chats with coach and former NBA star Micheal Ray, every Wednesday at metronews.ca





metronews.ca



"We will look at all options if something were to happen to this league," London Lightning owner Vito Frijia said. ANGELA MULLINS/METRO

Lightning owner sees both sides of Ottawa dilemma

NBL Canada.

Skyhawks' move to Gatineau college cause for concern for Frijia



DAVE LANGFORD
dave.langford@metronews.ca

London Lightning owner Vito Frijia has some sympathy for the Ottawa SkyHawks' first-year franchise after they moved two home games from the 19,000-seat Canadian Tire Centre to a college in Gatineau, Que.

That is despite his head coach Micheal Ray Richardson calling the facility and the playing conditions "a joke," following London's 107-104 loss Monday night at

Cégep de l'Outaouais.

Frijia said the league gave the Skyhawks approval to move the London game and one game later in the season to the smaller facility.

"Last night was Monday night. He's not getting a lot of fans at the best dates, but on Mondays and Tuesdays, nobody goes to watch," Frijia said about SkyHawks co-owner Gus Takkale. "It's a tough night to draw, and I think the rent at the other place is 10 or 11 grand a game, so he asked if he could move it."

Frijia said he understands Richardson's angst.

"It bothers us, but we also have to understand we have to work with the other owners. In hindsight, it's easy to sit back and say he probably shouldn't have played in

Frederick out of London

London has released centre Eric Frederick, who had just recently been signed.

- They are also working out several new players as they have a nine-day break before playing Windsor Express on Feb. 6 at the Budweiser Gardens.

that venue," Frijia said.

Frijia said he wants the league to be successful, especially after teams have upgraded on-court talent across the board this season.

"We know some of the other owners are going through cuts and bruises and bumps and everything

else, but you get to the point where you worry about your own team," Frijia said.

The Lightning are averaging about 3,650 fans a game this season.

"Some of the owners are just not generating additional bums in the seats," Frijia said. "But it's hard for me to tell another owner what we do, because they all have their own personalities and have their own egos and they think they understand their market better."

And what if the nine-team league folds at some point?

"We definitely want to keep the London Lightning active. If that scenario was to happen, we would look at other leagues," Frijia said. "Or we would look to reinforce this league with some new potential owners."



Seahawks cornerback Richard Sherman speaks on Tuesday in Newark, N.J. GETTY IMAGES

Touch of NHL at cold-weather Super Bowl

Internet star Lil Terrio danced with cheerleaders, an Austrian man dressed as Mozart, another guy wore a Waldo costume and Nickelodeon's Pick Boy was in the house at Prudential Center.

Welcome to Media Day, the annual Super Bowl circus.

It seems fitting this event was held at a hockey rink, of all places, because there's nothing ordinary about it. More than 6,000 journalists, pseudo-journalists and other credentialed "media" from all over the world gathered at the home of the NHL's New Jersey Devils on Tuesday to meet the Denver Broncos and Seattle Seahawks.

Strange questions were the

norm instead of football ones. A man asked Seahawks centre Max Unger if he could touch his long, scruffy beard. He said yes. A woman asked Seahawks defensive lineman Brandon Mebane for a kiss. He said no.

Perhaps the only player who felt at home was Seattle tight end Luke Willson. He grew up in Canada, played hockey in high school and was genuinely psyched to be in an NHL arena.

"I thought it was kind of cool to be here," said Willson, a fan of the Maple Leafs. "I was a left winger, grinding forward-type of guy. I have two brothers and we would play on the street in front of the house, go

to spring camps, played all the time. I played a lot of hockey."

The Media Day extravaganza is one of the wildest scenes in sports. Even current football players were in on the "reporting" action. Eagles Pro Bowl wide receiver DeSean Jackson co-hosted a show for BET. Steelers defensive end Brett Keisel interviewed players for a shampoo promotion.

"This is pretty crazy, man. Pretty crazy," Broncos defensive end Malik Jackson said. "They told us there were going to be people dressed up, but you never really know what to expect until you see them."

THE ASSOCIATED PRESS

Notes from the Super Bowl

- **Traffic turmoil.** The NFL is doing its best to get New Yorkers pumped up about the Super Bowl. The city is blocking off 13-blocks for four days, beginning Wednesday, for a series of fan-related events around Times Square.
- **Tate 1000.** Seattle receiver Golden Tate showed up Tuesday wearing Google Glass and a camera on his hat. Tate said he was "really impressed" with the glasses.
- **Ballin' Bronco.** No one was glittering on media day more than Denver's Malik Jackson, who wore a diamond-encrusted grill across his lower teeth, which brought plenty of requests for photos.
- **"I'm playing," says Percy.** Seahawks wide receiver Percy Harvin says he is "absolutely playing" in the Super Bowl on Sunday after a season filled with "frustrating" health issues.

Sochi concerns

Hockey Canada proceeding with regular plan

The NHL's Olympic break is less than two weeks away but the threat of terrorism is keeping the situation volatile.

After deputy commissioner Bill Daly said the league would consider pulling out of Sochi if something "significant" happens before players arrive, those set to participate are trying not to worry about that scenario.

"Between the NHL and the NHLPA and the Olympic people, in communication obviously with the people in Russia, they're going to advise us if we shouldn't go," Ken Holland of Canada's management team said Tuesday. "I'm looking at the lead of the NHL."

"Until they tell us we're not going, I'm going to jump on a plane and go to Sochi."

A Hockey Canada spokesman said the organization had no official comment, adding nothing has changed about the situation.

THE CANADIAN PRESS

Olympic return?

Stamkos skates again in Toronto

Steven Stamkos still has his eyes firmly set on the Sochi Olympics.

The Tampa Bay forward practised for 20 minutes during Tampa Bay's morning skate at the Air Canada Centre prior to the Lightning's game against the Toronto Maple Leafs.

Stamkos' workout came after not skating at all Monday due to soreness in his surgically repaired right leg.

THE CANADIAN PRESS

Draft combine

NHL considering move to Buffalo

The NHL is already interested in Sabres owner Terry Pegula's \$172-million downtown Buffalo hockey/entertainment complex, even though the facility is not completed yet.

Commissioner Gary Bettman told The Associated Press on Tuesday that the league is considering the Sabres' pitch to relocate the NHL's annual pre-draft scouting combine from Toronto to Buffalo.

THE ASSOCIATED PRESS

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2014 Toyota Highlander

Review. Building on good engines and solid street cred with more style and room

MALCOLM GUNN
wheelbasemedia.com

If you're wondering why minivan sales have been in steady free-fall for the past few years, it's partially because of vehicles such as the Toyota Highlander.

When it arrived for the 2002 model year, the Indiana-built Highlander was one of the initial part-wagon, part-sport utility vehicle models on the market. This so-called "crossover" borrowed its platform and basic running gear from the Toyota Camry, but added available all-wheel-drive and an occasional-use third-row seat to the mix a couple of years later. By then, the Highlander had become one of the most popular Toyotas on the market.

If there was a knock against the Highlander, it was that the vehicle's anonymous styling actually made it difficult to identify, even up close. That has now been rectified with the installation of one of the Toyota family's distinctive trapezoid-style grilles that quite honestly looks better on certain models than others.

That also goes for the cabin that is significantly roomier, thanks to some clever repackaging and a 15-centimetre wider body. That translates into a 9.5-centimetre wider interior, which is enough to provide space for three people for the third row seat in what had previously been a two-person affair. The Highlander now seats up to eight passengers.



PHOTO: WHEELBASEMEDIA.COM

Third-row access has been enhanced since the second-row bench (or optional dual high-back bucket seats) offer 7.6 centimetres of fore and aft travel. Both second- and third-row benches are split 60:40 for maximum stowage versatility. However when in full use, the area behind the third row has been enlarged by 34 per cent. Loading the cargo area can be accomplished with either the liftgate raised or with the optional flip-up rear glass raised.

The rest of the interior has been appropriately dressed-up with added soft-touch material covering the instrument panel plus new premium fabrics and faux wood trim on up-level trims. Powertrain options carry over unaltered from 2013 and vary according to need and your desire to minimize fuel consumption. The starting point is a 185-horsepower 2.7-litre four-cylinder, while a 270-horsepower 3.5-litre V6 is optional. Each is connected to a six-speed automatic

2014 Toyota Highlander

- **Type.** Four-door, front-/all-wheel-drive, eight-person wagon
- **Engines (hp).** 2.7-litre DOHC I4 (185); 3.5-litre DOHC V6 (270); 3.5-litre V6 with front and rear electric motors (280)
- **Transmissions.** Six speed auto
- **Base price (incl. destination).** \$33,400

Design

The Highlander projects more aggressiveness, but not to the degree that you would confuse it for an off-road-oriented 4Runner or king-size Sequoia wagon. The rest of the body from the hood to the liftgate is more shapely and correctly conveys the sense that the Highlander is a quality piece of work.

Compare



1 Chevrolet Traverse
Base price: \$35,000



2 Mitsubishi Outlander
Base price: \$27,700

Fuel economy

At 10.4 l/100 km in the city and 7.3 on the highway, the front-wheel-drive-only four-cylinder has lower fuel consumption than the all-wheel-drive V6 and allows Toyota to peg the base price at \$33,400, including destination charges.

transmission.

The thriftiest of the bunch is the all-wheel-drive Highlander Hybrid that uses a 231-horsepower 3.5-litre V6 combined with front and rear electric motors to generate 280 combined horsepower. This option, which is mated to a continuously variable transmission, is rated at 6.6 l/100 km in the city and 7.3 on the highway, compared to 12.6/8.7 for AWD-V6 Highlanders. Toyota continues to maintain a three-trim strat-

egy for the Highlander. Base front-wheel-drive models cover most of basics and include heated side mirrors and dual-zone climate control.

Base V6 versions add a backup camera, power rear liftgate, eight-way power driver's seat and a 15.5-centimetre touchscreen for communications and infotainment services.

The top-level V6 Limited is gussied up with tri-zone climate control, perforated leather-covered seats (heated

in front) and an Premium JBL audio system/navigation combo. The Highlander Hybrid can also be had in three trim levels, with prices ranging from \$45,000 for the Standard Package, up to \$54,000 for the Limited.

Whichever model you choose, the latest Highlander adds more style, comfort and spaciousness, which are features that ultimately lead to a more satisfying experience for drivers and passengers.

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Horoscopes

♈ Aries

March 21 - April 20

You may dream of starting from scratch some place new but deep down you know it isn't going to happen. Focus on making the best of where you are and what you have got.

♉ Taurus

April 21 - May 21

You may be determined to discover the truth about something you believe others have been covering up but don't start reading fanciful stuff into situations that are really quite normal.

♊ Gemini

May 22 - June 21

A friendship that has been on a downward spiral will pick up again as from today. You will have to accept that in certain areas you are and always will have different points of view.

♋ Cancer

June 22 - July 23

What you say and do now will determine the level of material and professional success you will enjoy over the next few months. Don't say and do what you think will please those in positions of power. Please yourself first.

♌ Leo

July 24 - Aug. 23

Your aims may seem impractical to some but so what? The approaching new moon will give you a head start on your rivals and no matter how far behind you may be, you will soon be ahead of the pack.

♍ Virgo

Aug. 24 - Sept. 23

Don't fret about how much something is going to cost you. If it is really what you want to be doing then just get on and do it and worry about the financial considerations later.

♎ Libra

Sept. 24 - Oct. 23

Romantic relationships are well starred today. Let the object of your affection know that they are, always have been, and always will be number one in your heart. If you do, the next few days will be extra special.

♏ Scorpio

Oct. 24 - Nov. 22

If your daily routine is too demanding, maybe it's time you did something about it. However, because the changes you make this week are likely to become permanent, make sure you really want them.

♐ Sagittarius

Nov. 23 - Dec. 21

Why are you not getting what you want out of life? If you are honest, you will admit it is because you are spending too much time on things of minor importance. Use your talents!

♑ Capricorn

Dec. 22 - Jan. 20

Help loved ones feel as good about themselves as you feel about yourself. That may be no easy task but it must be done because happiness at home is essential to other things.

♒ Aquarius

Jan. 21 - Feb. 19

The things you think about today are the things you will be doing tomorrow and the day after that, no matter how outrageous some of your thoughts may be!

♓ Pisces

Feb. 20 - March 20

Listen to advice and don't be afraid to act on what you hear. Not everyone is trying to trick you or steal from you, so play down your suspicions and play up to the kind of important people who can help you.

SALLY BROMPTON

Crossword: Canada Across and Down

The last four clues were omitted from yesterday's puzzle. We apologize for the inconvenience. Visit metronews.ca/missingclues.

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Across

- Chitchat
- Magician's prop
- "Shoot!"
- Nickname of Prince Charles' first bride: 2 wds.
- Wing-shaped
- "Beach" by Martha & The Muffins
- Trunk
- Doubled Doris Day song word
- Transport by ocean
- Whistle blower?
- Ottawa-born star-of-the-slopes/Olympian: 2 wds.
- Top-tiered star's spot
- Health care professionals
- Turn the key and open
- Bobby Hull's son
- Get ready for the trip
- Detective
- Shortened home
- Unflappable
- Legendary boxing surname
- Area near Montreal, The South
- Languish
- Former Canadian department store
- Not much, just
- Fashion retailer Michelle Obama



likes, __

- Charge in the court
- Quebec Premier, Pauline
- Embellishments-less
- Rural-esque region of Winnipeg
- Enshrouded
- Emptiness
- Ms. Peebles'

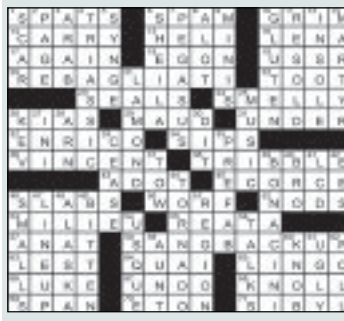
- Figure of speech
- Rick's movie beloved
- Eye part
- Peter of Herman's Hermits
- Religious realm
- Mention
- Mr. Byrnes of "77 Sunset Strip"
- Arctic hunting

- bird which is NWT's official bird
- Dates not as ancient as BCs
- It describes Jaime Sommers
- "Hmmm, I ___ aware of that."
- Baldwin brother
- Not
- 1987 movie in which Dan Aykroyd

- starred as classic TV character Sgt. Joe Friday
- Sahara
- Throbs
- Big river in Europe
- Slangy negatives
- Geography abbr.
- Cultivate
- Questions
- Ms. Buzzi of "Laugh-In", and

- others
- Tricky Norse deity
- daisy
- Berkus, Oprah protegee
- Bruce Greenwood film, "Eight ___" (2006)
- Total
- Tardy
- Movie with a big Bryan Adams hit, "___: Prince of Thieves" (1991)
- Country's Mr. Church
- Paving+stone
- Mr. B. DeMille
- "Well, ___ known that..." (Things would be different now if...)
- Particular poison
- Barn's pal
- Musician Marc
- Chuck Berry title song lady
- Christine of Fleetwood Mac
- '60s tune: "You Really Got ___ on Me"
- Lift
- Western movie search party
- iPhone's voice-activated helper
- Serve at the restaurant
- Highway 'home'
- Tint
- Mr. Stewart

Yesterday's Crossword

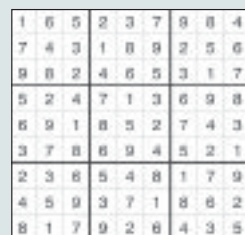


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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